

2005 Montana Youth Risk Behavior Survey

Summary Report



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Survey

Unintentional Injuries and Violence

Tobacco Use

Alcohol and Other Drug Use

Sexual Behaviors

Dietary Behaviors

Physical Activity

This Summary Report complements the 2005 Montana Youth Risk Behavior Survey Report and contains information regarding risk behaviors of Montana youth in relation to:

- Intentional and unintentional injuries;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies;
- Nutrition and dietary behavior; and
- Physical activity.

The 2005 Montana Youth Risk Behavior Survey (YRBS) was conducted in February 2005. The survey was administered to 20,000 students with report results based on a random sample of 2,000 students. The data can be generalized to all high school students in Montana. The Office of Public Instruction acknowledges and appreciates the commitment, cooperation and support of the participating schools and their students.

Go to www.opi.mt.gov/YRBS to access all six Montana YRBS reports, Montana regional data, trend data, Montana versus U.S. data, and school-specific data. Reports are available for high school, grades 7-8, Native American students on reservations, Native American students in urban schools, alternative school students, and students with disabilities.

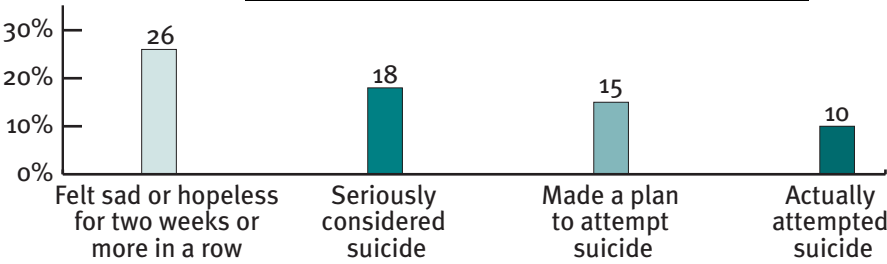
For more information on the Montana YRBS, contact the Office of Public Instruction, Susan Court, 444-3178 or scourt@mt.gov.

VEHICLE-RELATED BEHAVIORS

Percentage of students who. . .	All High School	G R A D E S			
		9th	10th	11th	12th
Always wore a seat belt when riding in a car driven by someone else	37%	37%	42%	38%	35%
Always wore a seat belt when driving a car	38%	27%	44%	42%	40%
Rode in a car driven by someone who had been drinking alcohol in the past 30 days	34%	31%	32%	34%	41%
Drove a car after they had been drinking in the past 30 days	19%	9%	16%	21%	28%

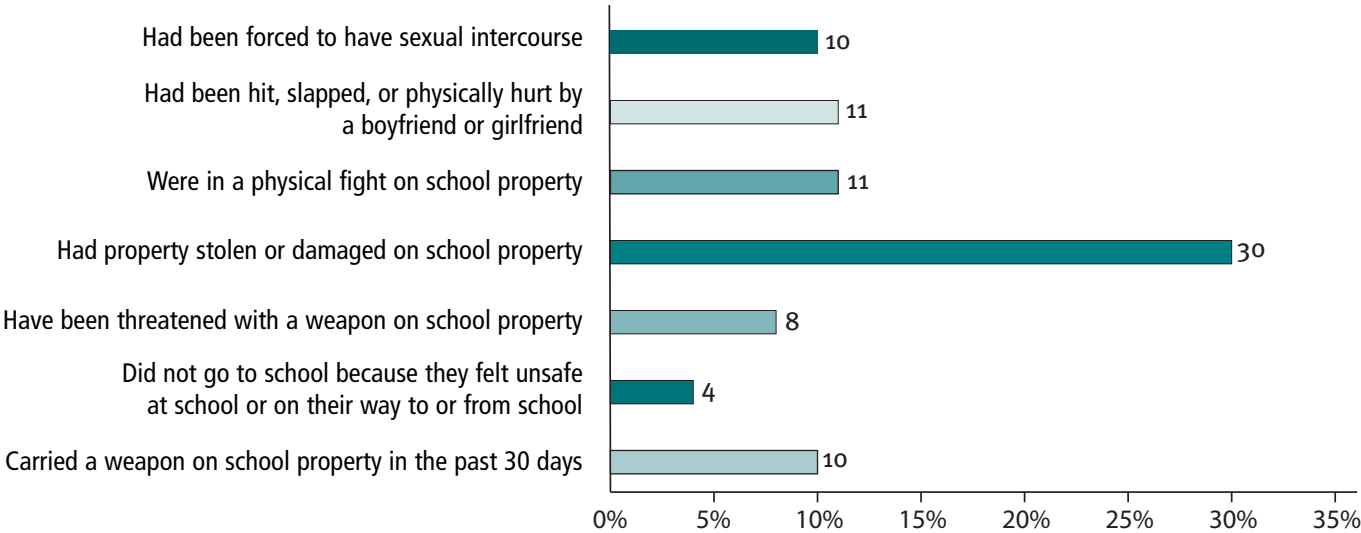
10% of high school students have attempted suicide in the past year;
10% of 9th graders,
9% of 10th graders,
12% of 11th graders, and
8% of 12th graders.

DEPRESSION AND SUICIDE-RELATED BEHAVIORS



Percentage of students who. . .

VIOLENCE AND INTIMIDATION



Unintentional Injuries and Violence

55% of high school students have ever tried cigarette smoking;

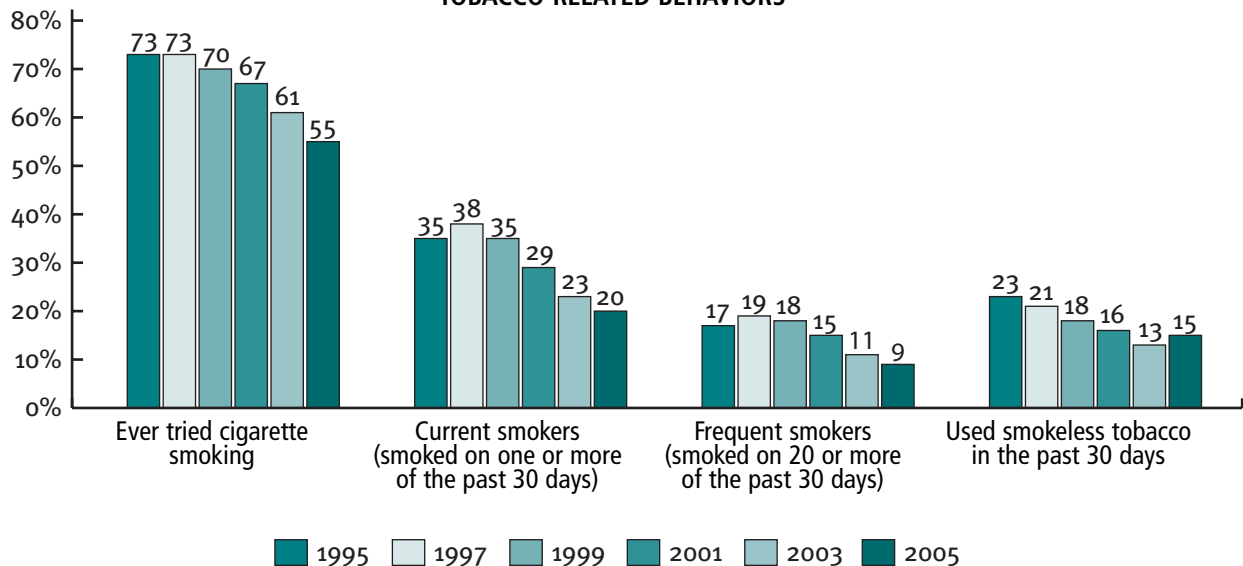
49% of 9th graders,
54% of 10th graders,
56% of 11th graders, and
64% of 12th graders.

TOBACCO USE ON SCHOOL PROPERTY

Percentage of students who. . .	
Smoked cigarettes on school property during the past 30 days	7%
Used chewing tobacco or snuff on school property during the past 30 days	8%

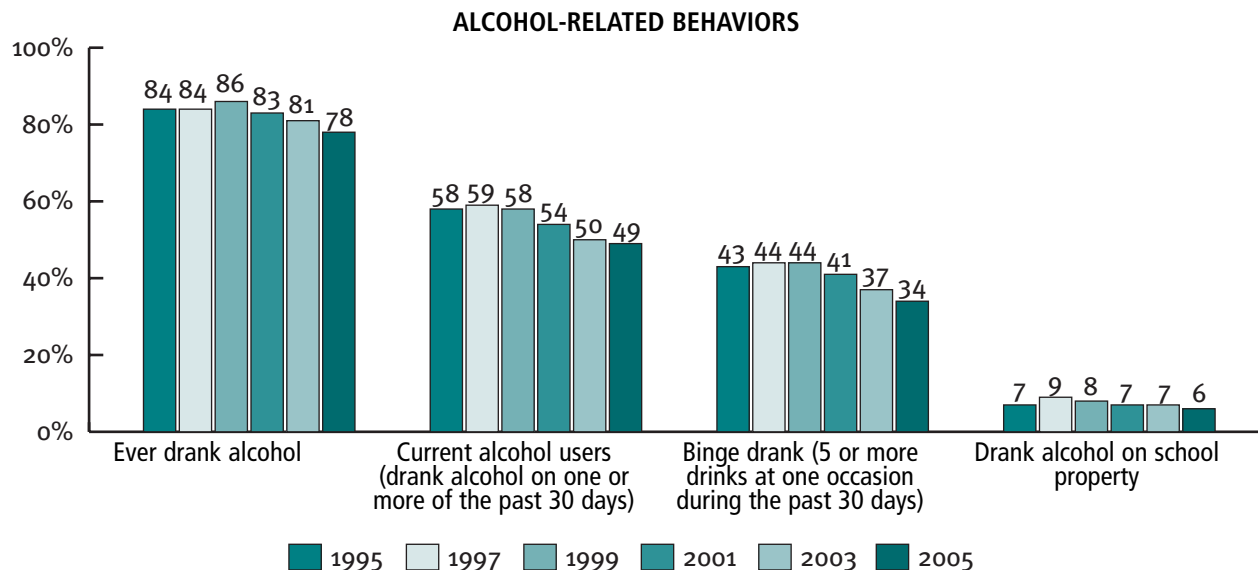
21% of high school females **currently smoke** cigarettes
compared to 19% of high school males.

TOBACCO-RELATED BEHAVIORS



77.8% of Montana high school students have had a drink of alcohol.

In 2003, alcohol use by Montana high school students ranked highest in the nation;
81.1% of Montana youth had used alcohol in their lifetime compared to 74.9% nationally (2003 YRBS, CDC).



Montana students, before the age of 13. . .

28% have had their first drink of alcohol and
11% have used marijuana.

Methamphetamine use is reported by 8.3%
of Montana high school students compared to
7.6% nationally.

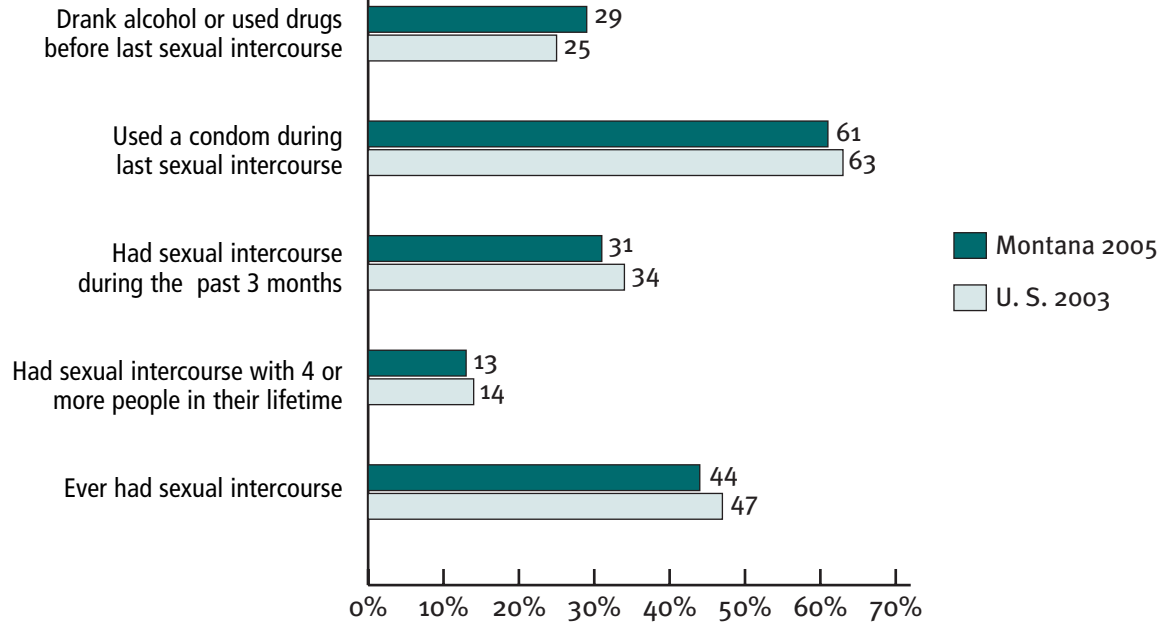
Percentage of students who. . .	All High School	G R A D E S			
		9th	10th	11th	12th
Ever drank alcohol	78%	67%	77%	81%	88%
Ever used marijuana	42%	30%	40%	45%	54%
Ever used cocaine	10%	6%	8%	11%	11%
Ever used inhalants	15%	15%	17%	14%	13%
Ever used heroin	4%	3%	2%	4%	3%
Ever used methamphetamines	8%	7%	6%	9%	11%

25% of Montana high school students have been **offered, sold, or given an illegal drug on school property** during the past 12 months.

SEXUAL-RELATED BEHAVIOR COMPARISONS

(Montana vs. U.S.)

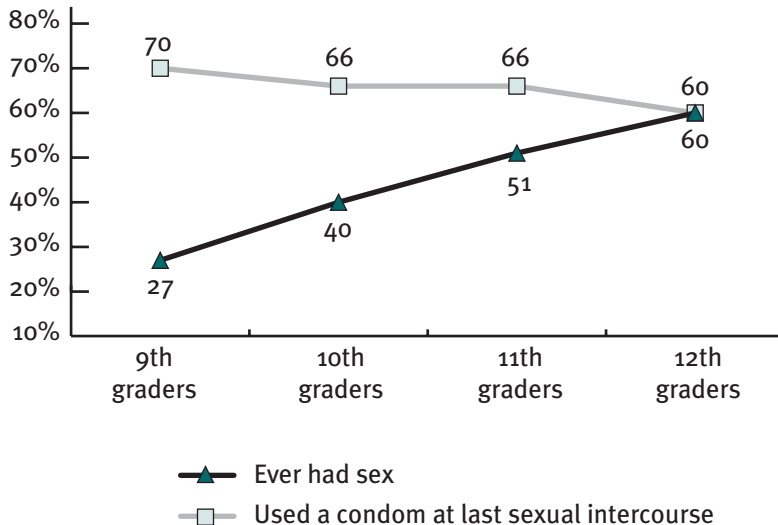
Percentage of students who . . .



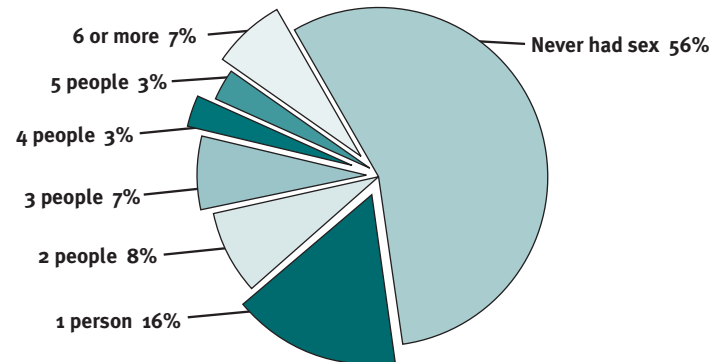
Montana students rank highest in the nation for alcohol or other drug use before sexual intercourse.

Sexual activity has decreased to 44% of Montana high schools students having had sexual intercourse, down from 51% in 1993. **Condom use has increased** to 61% of students having used a condom during their last sexual intercourse, up from 49% in 1997.

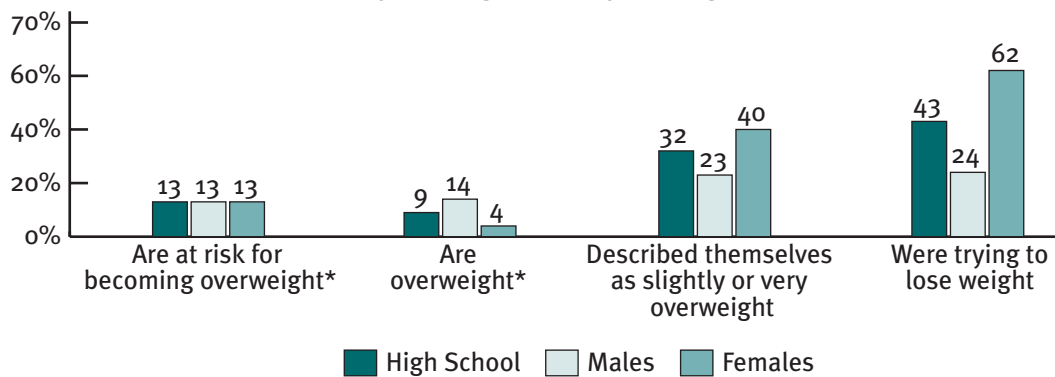
SEXUAL ACTIVITY AND CONDOM USAGE



NUMBER OF SEXUAL PARTNERS



OVERWEIGHT AND BODY IMAGE

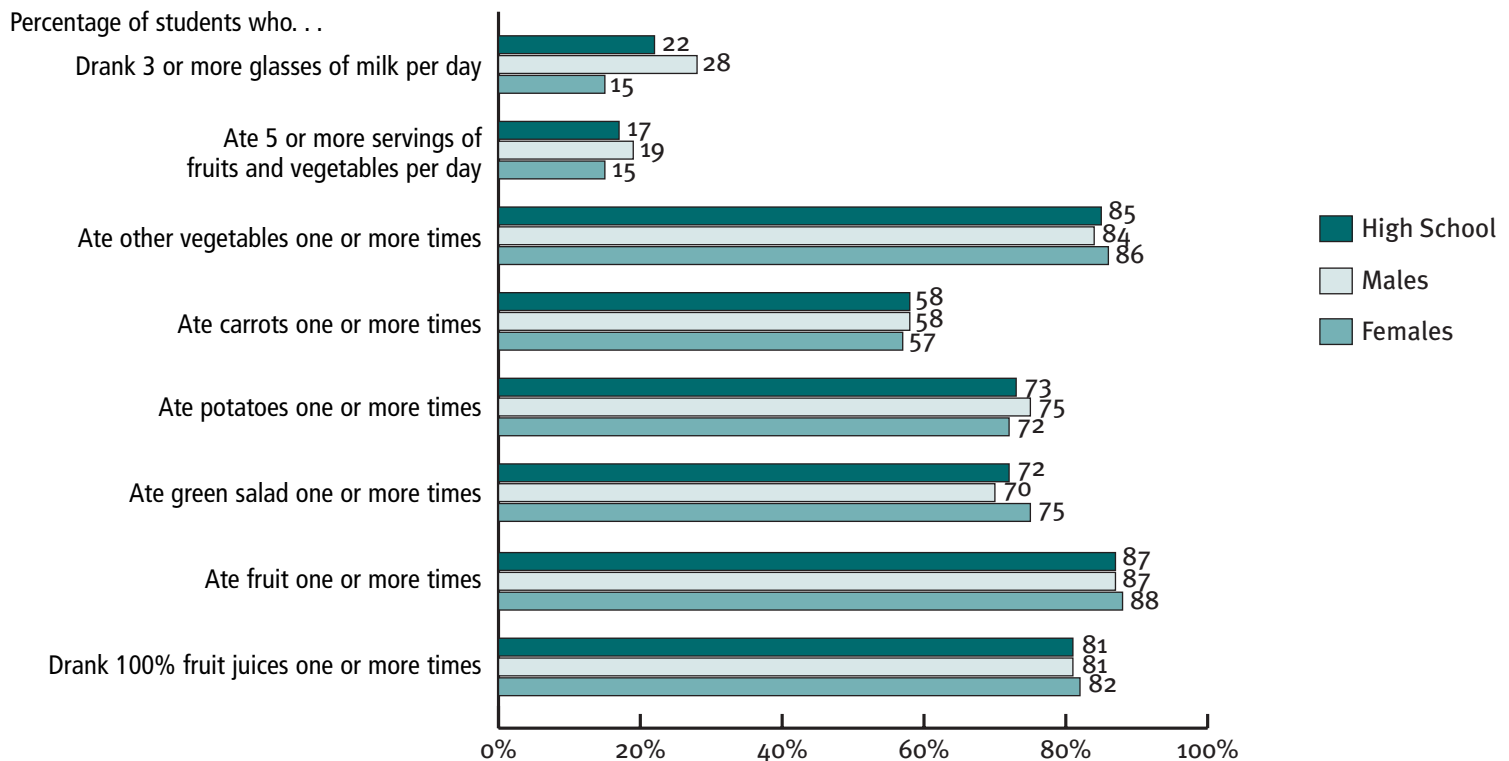


*BMI, 2005 YRBS, CDC

WEIGHT LOSS METHODS

Percentage of students who. . .	High School	Males	Females
Were trying to lose weight	43%	24%	62%
Exercised to lose weight or to keep from gaining weight during the past 30 days	60%	50%	70%
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	40%	25%	55%
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	12%	8%	17%
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	6%	5%	7%
Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	6%	3%	9%

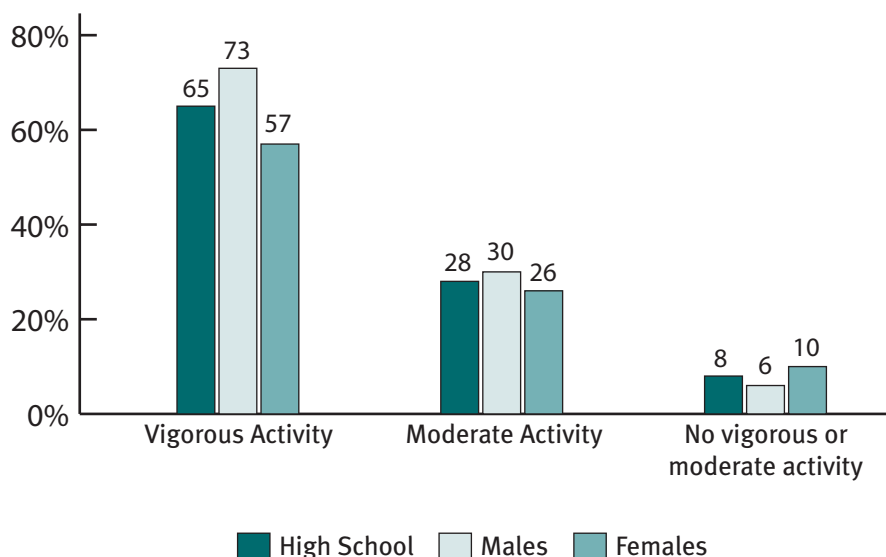
NUTRITIONAL BEHAVIORS DURING THE PAST 7 DAYS



PARTICIPATED IN SUFFICIENT WEEKLY PHYSICAL ACTIVITY

Vigorous = ≥ 20 minutes of activity that causes sweating and hard breathing on ≥ 3 of the past 7 days.

Moderate = ≥ 30 minutes of non-sweating or hard breathing activity on ≥ 5 of the past 7 days.



PHYSICAL EDUCATION CLASS ATTENDANCE

Percentage of students who. . .	All High School	GRADES			
		9th	10th	11th	12th
Attended physical education (PE) class one or more days during an average school week	58%	93%	86%	24%	25%
Attended physical education (PE) class daily	34%	51%	46%	18%	19%

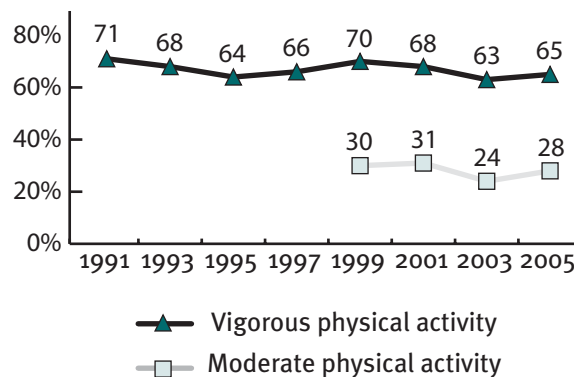
TV WATCHING

29% of males and 24% of females watch TV three or more hours per day on an average school day.

PARTICIPATED IN A SCHOOL OR COMMUNITY-RUN SPORTS TEAM IN THE PAST 12 MONTHS



VIGOROUS AND MODERATE PHYSICAL ACTIVITY TRENDS



Montana Youth Risk Behavior Survey Co-Sponsors:

Montana Office of Public Instruction

Montana Board of Crime Control

Montana Department of Public Health and Human Services

Indian Health Service

Healthy Mothers, Healthy Babies

Montana Department of Transportation – Traffic & Safety Bureau

Blue Cross and Blue Shield of Montana

Division of Adolescent and School Health, Centers for Disease Control and Prevention

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